



Bristol City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bristol City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Bristol City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$717,984.00

Community partnerships have been formed to address school health issues. Current partners include:

- Bristol Family YMCA
- Volunteer State Health Plan
- Sullivan County Health Department
- REACH
- Sullivan County Health Council
- Pioneering Healthy Communities
- Northeast Tennessee Council on Children and Youth
- Wellmont Health Systems
- Highlands-Wellmont Health Network
- United Way
- Sullivan County Anti Drug Coalition
- Nicotine Free Mountain Empire
- Sullivan County Adolescent Pregnancy Prevention Initiative
- Holston Medical Group
- UnitedHealthcare Community Plan
- UT Extension
- Southeast Culinary and Hospitality College
- Milligan College
- King College
- City of Bristol
- American Heart Association,
- Food City,
- United Way Regional Teacher Effectiveness Coalition,
- Bristol's Promise,
- Bristol Chamber of Commerce

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy Kids Day, YMCA Project Diabetes Family Program, PTA educational events, health screenings, and Vance Community Garden. Currently, more than 200 parents are collaborating with CSH;

Students have been engaged in CSH activities such as the Bristol Youth Leadership students who planted a winter garden and improved the outdoor learning environment at Vance Middle School. Leadership Challenge students at Tennessee High School developed a skit and served as volunteers for the YMCA Healthy Kids Day. Approximately 15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bristol City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,492 screened with 99 students referred to doctor for vision/hearing and 34,821 students were seen by a school nurse and 31,976 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Comparative data is not available in Bristol since we only have one year of data per grade level.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: mile run incentives, SPARK PE curriculum, staff development for active teaching and learning, staff wellness incentive items, fruits and vegetables for CSH sponsored PTA meetings and staff meetings, CSH professional display, supplies for Vance Middle School outdoor learning environment/garden, vision screening instrument, blood pressure cuffs, scales, incentive items for “No Food as Rewards” campaign, *SPARK: The Revolutionary New Science of Exercise and the Brain* books, door prizes Healthy Kids Day, promotional/educational items for PTA meetings, PE Central Challenge pins, more than 80 accelerated reader library books for health education, and door prize for teen pregnancy conference.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Ron Clark Academy, Brain Gym, Geocaching and GPS in the classroom, Tennessee School Nurse Association Conference, Share the Wealth Physical Education Conference, and Heart Shape Adventure training;

School faculty and staff have received support for their own well-being through walking programs, opportunities for on-site physical activity;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Accelerated Reader health education library books, Michigan Model curriculum and training;
- Physical Education/Physical Activity Interventions – supported numerous opportunities for staff development to encourage and improve active teaching and learning, participated in Jump Rope for Heart, implemented Mile Run events, purchased SPARK PE Curriculum, implemented 5210 message;
- Nutrition Interventions – supported development of a school/community garden at Vance Middle School, implemented Tasty Tuesdays to introduce new fresh fruit and vegetable menu items to students, implemented 5210 message.

In such a short time, CSH in the Bristol City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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